

FIT FOR LIFE !

October 2006

Brunswick County Government— Our Best Health For You In Brunswick... from the Wellness Committee!

CAMP WELLNESS WAS A HUGE SUCCESS!

Camp Wellness was a tremendous success. We had over 260 participants in the various events during the week. Based on survey participants, some of the highest rated programs were the Pre-Retirement Conference, Recycling with Jennifer Whitley, Play with Your Food with Susan Morgan, Line Dancing with Renee Adams, Preventing Heat Stress with John Rogers, Fishing Expert Capt. Jimmy Price, De-Stress Techniques with Dr. Gates and Mosquito Control with Jeff Brown. A special thanks goes to Fred Michael, Deputy/Director and Health Educator of the Health Department who led a "positive and spirited" group of team members in making this happen. Also, special thanks to Don Yousey, Health Department Director who allowed his staff to give so much time, materials and effort to this program. We are already looking forward to planning next year's event. The number one consideration next year will be the time of year and having the event in cooler weather. If you have some ideas to improve our Camp Wellness, please contact Fred Michael at ext. 2298!

COOKING WITH KEVIN DRAWS RAVE REVIEWS!

One of the goals of the Wellness Committee is to educate our team members in eating healthy which ultimately leads to a healthier attitude in all areas of life. In order to assist in this education, we wanted to have someone give cooking demonstrations for foods that would be low in calories but delicious in taste. We found our own "chef" right on campus. Kevin Gillooly works in our Tax Appraisers' office but is also an accomplished chef as well. On Monday, October 2nd, Kevin presented a Lunch and Learn that WOW'ed the participants. See the happy employees to the right! The recipes that follow are from the demonstration and the total meal is under 600 calories! Thanks Kevin for such a great meal. Emeril has nothing on Kevin!

Chicken Marsala (serves 4) 206 calories

4-6 oz. boneless, skinless chicken breasts
1/4 cup marsala wine
1/4 cup beef stock
8 oz. whole fresh mushrooms
Salt, pepper, paprika flour
2 oz. butter, parsley & chives
Cut breasts in 1/2 and pound with meat mallet. Mix flour, salt, pepper & paprika and dredge chicken in mixture. Heat extra virgin olive oil in a non-stick pan and cook chicken 3 minutes on each side. Remove from pan. Add Marsala wine, beef stock and sliced cooked mushrooms to pan, then return chicken to pan-complete with butter, parsley and chives and bring to boil.

Orzo with Vegetable Medley (Serves 4) 190 calories

1 can whole tomatoes
1-12 oz. jar roasted red peppers
1-12 oz. bag frozen peas
1 large sautéed onion, salt, pepper, garlic
1-8oz. box Orzo
Heat the onion; salt, pepper and garlic to taste in sauté pan and combine peppers, tomatoes and peas. Cook pasta al dente and combine all ingredients. Serve with parmesan cheese.

HEALTH ASSESSMENT WINNERS ANNOUNCED!

We had 61 employees participate in the month long Health Risk Assessment (HRA) on line with CIGNA in August and September as part of Camp Wellness. The following won prizes from the raffle. Each person will be contacted how the prizes will be delivered.

Martha Hewett- \$40 Walmart gift card

Tom Bagby—\$40 Walmart gift card

Ron Riggs—\$25 Walmart gift card

Tawny Jernigan— Bicycle from NCACC—(\$75 value)

Tracy Hobgood— CIGNA duffel bag (\$25 value) and \$40 Walmart gift card

We will be offering other incentives in the future to get more participants to enter on-line the CIGNA HRA. Watch for announcements!

WELLNESS COMMITTEE SPONSORS WEIGHT LOSS PROGRAM

On Wednesday, September 6th, we kicked off our County wide weight loss campaign, Operation "Fatbuster" with over 100 participants on a 12 week journey to become the biggest loser! With team names like "Tater Tots", "Tons of Fun", "Southern Bellies", and "GUTS— Girls Under Tremendous Stress", how could this not be a fun but healthy experience. We are now 4 weeks into the program and over 1/2 the participants are still weighing in at the Senior Clinic on Wednesday mornings and the other 1/2 are nervously watching their scales in the privacy of their home. Stephanie Bellamy, Social Worker with DSS, proudly announced that she has lost 10 lbs by walking more and cutting out potato chips. Great Job! The final weigh-in that was scheduled for 11/22 has been changed. That is the week of Thanksgiving and our Nurse Practitioner will be out of town. So you can do a final weigh-in from 8:30am-9am, 11/16, 11/17, 11/20 or 11/21. Keep it going!



THE GREAT AMERICAN SMOKEOUT COMES TO BRUNSWICK COUNTY!

Every year, smokers across the nation take part in the American Cancer Society's Great American Smokeout by smoking less or quitting for the day on the third Thursday of November. This year it is November 16th. The event challenges people to stop using tobacco and raises awareness of the many effective ways to quit for good. Research shows that smokers are most successful when they have some means of support, such as nicotine replacement products, counseling, prescription medicine to lessen cravings, guide books, and the encouragement of friends and family members. Employees will receive more information on the various events planned for the 16th. Stay tuned!

CIGNA HEALTHCARE HELPS YOU BEAT THE ODDS!

Wellness Advantage: Controlling High Blood Pressure

The Facts: For the third straight year, CIGNA Healthcare rates for controlling blood pressure exceed the national average and were superior to their closest competitors.

What it means: Treating high blood pressure can reduce the risk of a stroke by an average of 35-40 percent, the risk of a heart attack by an average of 20-25 percent and the risk of heart failure by more than 50%.

Source: NCQA— The State of Health Care Quality-2004

Results: CIGNA's HealthCare rate of 65.54% for controlling high blood pressure is 2.88 % points above the national average. This means that 6,158 more CIGNA HealthCare Members were treated to a more acceptable blood pressure goal than the national average. The higher performance level helped their members with hypertension avoid 2,435 strokes, heart attacks and kidney failures.

Source: CIGNA Website

EMPLOYEE GOLF LEAGUE CROWNS WINNERS!

The second season of the Brunswick County Golf League has officially ended. It was an exciting season of a few birdies, some pars and lots of bogeys, including double and quadruple ones. But we had fun!

- ◆ First place winners for the second season in a row were Danny Thornton and Larry Ellis - Environmental Health!
- ◆ Second Place— Thad Hill and Mike Grimes of Public Utilities
- ◆ Third Place— Ron Riggs- Human Resources and Fred Morris- Code Enforcement— second season in a row!
- ◆ First Place Individual— Larry Ellis
- ◆ Second Place Individual—Thad Hill
- ◆ Third Place Individual—Fred Morris
- ◆ Best Score— Mickey Thompson— Public Utilities—38

The participants expressed their appreciation to Eric Jelinski, Parks & Recreation Department who organized and implemented this employee event. He was presented a plaque and a big thanks at the end of the season celebration.

FOR SAFETY'S SAKE!

Workplace safety is no accident. It requires you pay close attention and possess a high level of skill. Sharpening your skills by practicing safety in your jobs helps to achieve a zero accident attitude. Take a few moments and go over this short quiz. Check your skills and awareness levels as it pertains to workplace safety. Send your answers to Eileen Gardner, Risk Manager, by Friday, October 20th. Be sure to include your name and department. See just how sharp your safety skills are!

1. T ___ F ___ Workplace safety is the responsibility of the person(s) wearing the risk management hat.
2. T ___ F ___ Employees who work best with piles of materials in their areas are just as safe from accident and injury as the neatniks.
3. T ___ F ___ Safety is just common sense.
4. T ___ F ___ People will walk around spilled liquid on the floor; the best thing to do is to wait for the housekeeping staff to clean up spills properly.
5. T ___ F ___ Chairs or stools can be substituted for a ladder to get items out-of-reach.
6. T ___ F ___ Reporting and replacing burned out light bulbs is an inexpensive and effective crime deterrent.
7. T ___ F ___ A sloppy worker is only a danger to himself.
8. T ___ F ___ Dress codes can decrease accidents and injuries
9. T ___ F ___ Gasoline used to power lawn tools must be stored in approved containers.
10. T ___ F ___ Utility workers have the highest accident rate in the United States.

How well did you do? Are there areas where you need to check and recheck? Remember the County strives for a safe workplace and that begins with you!

Article submitted by Eileen Gardner— Risk Manager



EMBRACING DIVERSITY - LEADS TO A HEALTHY ATTITUDE!

When you go to a thesaurus and look up the word 'diversity' you find such words as 'variety', 'assortment', 'multiplicity', and 'range'. When you see these words and talk with John Hobgood, GIS, you quickly come to the conclusion that this far in his short life, he might be seen as one who welcomes diversity in every sense of the word. The son of an Episcopal priest, John moved with his family from Tallahassee, Florida to Greenville, North Carolina between his sophomore and junior years in high school. After finishing high school he attended East Carolina University (BA Geography, 1997).

Wanting to do something different for his senior year he enrolled in a study abroad program at the University of Dar es Salaam in the East African nation of Tanzania. At the university he studied African history and the Swahili language, but it was the friendships and excursions that truly taught him about Africa. Visiting Victoria Falls in Zimbabwe, Robben Island in South Africa, where Nelson Mandela was imprisoned during apartheid, and spending Easter in his roommate's village on the slopes of Mt. Kilimanjaro were just a few of the experiences he was able to enjoy.

After returning to the states in 1997 to graduate and get his bearings, he took off again for foreign shores. Selected as a participant in the JET Program, John spent two years (1998-2000) teaching English at two Japanese, public high schools. Again, being halfway around the world gave John the opportunity to visit places he never would have dreamt possible: Bali, Thailand, India, Malaysia, and South Korea. After a visit to Hiroshima peaked his interest in the topic of 'peace' he applied and was accepted to the MA International Peace and Development program at the Universitat Jaume I, in Castellon, Spain.

In Spain John studied conflict resolution, global security, cultural and structural violence, and human rights. After a year and a half of red wine, late night reading, and travels throughout Spain and Morocco, John returned to the US in mid 2002 to finish his thesis on 'A Peace Approach to the African American Reparations Conflict'.

Seven months after returning, John and his then girlfriend, now wife, Tracy Hobgood (Planning) took off for Seoul, South Korea. There they both taught Kindergarten at a Korean, English language academy. Travels within Korea and to Thailand for both Christmases enriched their time abroad.

Returning to the US in spring of 2005 they decided to settle in Brunswick County to be close to family. If you go into John's office, you can see many items he picked during his travels. It's like a mini museum. "It's part of me and every time I look at something in my office it reminds me of the friendships and adventures that I will carry with me for the rest of my life," he says. Another reason for the eclectic mix of African, Asian, and European pieces is the simple fact that "Tracy pretty much has final say in what decorates the house...and I'm cool with that."

When asked 'why Brunswick County?' John compares settling in Brunswick County, starting a family, and laying out roots against his past travels and sees this as just another adventure, but "much longer and the most exciting adventure yet. One that I hope will last many more years".

WALKING CHALLENGE IS RETURNING IN NOVEMBER

Get ready for the return of the County Walk for Health starting November 1st. We will have more information coming out the week of 10/16 on the event! We want to surpass our milestone in June of 4,589 total miles walked. We are shooting for **5,000 Miles!**

